

# Yoga @ the Library!

2015 Summer Programming and Outreach in Kentucky #SPOKcon

October 13<sup>th</sup>, 2015

Presenter: Laura Fox – Warren County Public Library

- Why Should We Practice Yoga at the Library?
  - Libraries are about educating people in all kinds of ways, incorporating yoga at a library encourages learning on a whole new frontier.
- Yoga Benefits the Mind & Body
  - Increases flexibility and strength
  - Helps Posture
  - Increases blood flow & heart rate
  - Lowers blood pressure & blood sugar
  - Helps focus
  - Increases relaxation
  - Improves balance
  - Lowers stress
  - Encourages self-care, self-love & self-awareness
- How to Get Started
  - Find someone with the will and desire to teach!
    - Must be certified – YogaFit offers a very affordable certification program
  - Create a yoga space at your library
    - Clear an area for the class, provide props, dim the lights, and provide music and battery operated candles to create a studio-like environment
  - Advertise!
    - Get the word out and the people will come! Free yoga is awesome
- Yoga can be used as an outreach tool & can build a community at the library
  - Establishes the library as a space not just for passive learning, but active learning that puts you in touch with your own body & encourages you to find your authentic truth

Link to presentation:

[http://prezi.com/zao9gewmfc6h/?utm\\_campaign=share&utm\\_medium=copy&rc=ex0share](http://prezi.com/zao9gewmfc6h/?utm_campaign=share&utm_medium=copy&rc=ex0share)

Feel free to contact me if you have any questions or want more information on this topic:

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